

Students receive 1 free meal each serving period

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct 1 Cereal French Toast Sticks Applesauce Sausage Links Milk-Variety	Oct 2 Cereal Sausage Muffin/Cheese fruit, fresh Milk-Variety	Oct 3 Cereal Pan Dulce Sausage Links banana Milk-Variety	Oct 4 Bagel Oven Fresh w/w Cereal Hashbrowns Juice Milk-Variety
Oct 7 Cereal Breakfast Pizza Hashbrowns Fruit Juice Milk-Variety	Oct 8 Cereal Waffles Sausage Links Strawberries Milk-Variety	Oct 9 Scrambled Eggs w/cheese Cereal Whole Wheat Toast Hashbrowns Juice Milk-Variety	Oct 10 Breakfast Bun Sausage Links Cereal Cinnamon Applesauce Milk-Variety	Oct 11 Oatmeal Cereal Sausage Links banana Milk-Variety
Oct 14 Cereal Breakfast Pizza Hashbrowns Fruit Juice Milk-Variety	Oct 15 Pancakes Sausage Links Cereal banana Milk-Variety	Oct 16 Cereal Muffin choc/chip Sausage Links fruit, fresh Milk-Variety	Oct 17 Bagel Oven Fresh w/w Cereal Hashbrowns Juice Milk-Variety	Oct 18 Cereal Sausage Muffin/Cheese fruit, fresh Milk-Variety
Oct 21 Cereal Breakfast Pizza Hashbrowns Fruit Juice Milk-Variety	Oct 22 Cereal French Toast Sticks Applesauce Sausage Links Milk-Variety	Oct 23 Breakfast Burrito Hashbrowns Cereal Diced Pears Milk-Variety	Oct 24 Breakfast Bun Sausage Links Cereal Cinnamon Applesauce Milk-Variety	Oct 25 Cereal Yogurt Parfait Hashbrowns Strawberries Milk-Variety
Oct 28 Cereal Breakfast Pizza Hashbrowns Fruit Juice Milk-Variety	Oct 29 Cereal Waffles Sausage Links Strawberries Milk-Variety	Oct 30 Bagel Oven Fresh w/w Cereal Hashbrowns Juice Milk-Variety	Oct 31	

Menu options are subject to change, depending on availability

Nutritional values could be viewed on our district webpage